

## DECEMBER SENIOR ACTIVITIES "SECOND SIXTY"

**BODY SHAPING FOR SENIOR ADULTS:** This class meets every Monday, Wednesday, and Friday from 10:00 - 11:30am or from 1:00 - 2:30pm. Cost is \$15.00 for two times a week and \$20.00 for three times a week. Payment for the class needs to be made in advance through the Parks and Recreation Office, 300 West Ash, Room #100. You may pay for more than one month at a time. Payment can be brought to the office or mailed in. Training and assistance are provided and everyone works at their own pace. You still need to sign in each time at the front desk and mark the attendance sheet on the desk that is now located in back weight room. For more information about this exciting activity contact Parks & Recreation at 309-5765. This class does not entitle you to a Y membership or usage of the pool, etc. Classes begin on Monday, November 1. Please register for the session before the class begins.

**ARTHRITIS AQUASIZE PROGRAMS:** The American Arthritis Foundation and Salina Parks and Recreation 50 Plus Program offer an **Aquatic exercise class** that meets at the Y family pool. This fall we will meet from 9:30 - 10:15am every Monday/Wednesday/Friday. Cost is \$15.00. You will need to check in at the front desk and tell them you are with the Salina Parks and Recreation group. Dressing rooms are available through the double doors. Bring your own towel. Register for this class at the Salina Parks and Recreation Office, 300 West Ash, Room #100. We offer two smaller classes at Eaglecrest Retirement Community, 1501 E. Magnolia Road. They have a small heated pool located on the second floor. This class meets at 1:30pm or at 2:30pm on Monday & Thursday. The class is very limited in size, cost is \$10.00. These classes are part of the Kansas Arthritis Foundation.

**TAI CHI:** Elizabeth Browne will be teaching Tai Chi this fall at Trinity United Methodist Church, 901 E. Neal Ave. The class will meet Sunday afternoons at 4:00pm. The class is FREE and you do not need to preregister.

**MOVIES AT THE STIEFEL:** The historic downtown Stiefel Theatre will be showing a free classic movie once a month for the 50 Plus Program. We will be showing The Glenn Miller Story on Thursday, December 2 at 1:00. Doors open at 12:30 pm. There will be an art display in the Watson Room prior to the show by local artist, Carolyn Wedel. Be sure to check this out. There will be a snack pack available for purchase. The Glen Miller Story tells of the life of one of the best loved award winning music composers. His most famous songs include Tuxedo Junction and Chattanooga Choo Choo. Miller was born in Iowa and died when his plane disappeared in bad weather over the English Channel during World War II; his body was never found.

**STROKE SUPPORT GROUP:** We will be hosting our annual Christmas party on Wednesday, December 15, at Salina Regional Health Center, conference room E. Bring a \$5 gift exchange and a snack to share. We will begin at 1:30pm. Call Linda at 452-7011 or Janice at 309-5765 if you need a ride. There will be have entertainment and we will discuss plans for 2011. In the event of inclement weather, we will reschedule for December 22.

**COMPUTER CLASSES.** The lab, located on the 3rd floor of the Salina Senior Center, is open everyday at 9:00am. We will not be having computer classes in December.

**MRS SANTA'S STORE:** Salina Parks and Recreation Department 50 Plus Program will be hosting the 13<sup>th</sup> annual Mrs. Santa's Store on December 3 & 4 at the Salina Senior Center, 245 North 9<sup>th</sup>. Hours are 4-7 pm on Friday and 10-1pm on Saturday. This is a great opportunity to send children ages 5-11 to shop for homemade gift items made by local crafters. The items are reasonably priced and wrapped for the children. Volunteers are needed to help set up the sale items and wrap (sack) the purchased items. Contact Janice at 309-5765 if you are interested in

helping. Donations of handmade items are also being accepted.

**JOLLY MIXERS:** You are cordially invited to attend the Jolly Mixers on Wednesdays from 7-10pm at the former Moose Lodge, 1700 Beverly Drive. Socials are non-smoking and alcohol-free.

### **UPCOMING EVENTS**

**A MAGICAL CROWN CHRISTMAS:** We will be celebrating the holidays with a musical comedy extravaganza featuring dazzling dance numbers, sensational singing, and colorful costumes at the Crown Uptown Dinner Theater on Thursday, December 16. Our charter bus will leave from Kenwood Cove Parking Lot at 9:30a.m. We will enjoy a buffet lunch before the show. Cost is \$45.00.

**ALASKA LAND AND CRUISE:** Don't miss this opportunity of a lifetime to explore the great state of Alaska. We will leave on Saturday, July 30 and return on Thursday, August 11. The trip includes Fairbanks, Stern Wheeler Discovery, Denali National Park, Music of Denali Dinner Theater, Denali Express, Rail Car, and Island Princess Cruise Ship including stops in Skagway, Juneau and Ketchikan. Contact Janice at 309-5765 for more details. Space is going fast!

The next Trips and Tours mailing will be mailed out by the middle of December. (I hope!)